

I CLAIM:

1. A twist exerciser comprising:
a base,
a platform rotatably supported on said base, and
5 at least one rotary member rotatably supported in said platform
to selectively support feet of users, and to allow the feet of the users
to be rotated relative to said platform when said platform is rotated
relative to said base.
2. The twist exerciser as claimed in claim 1, wherein said at
10 least one rotary member includes a pad disposed thereon to
comfortably support the feet of the users.
3. The twist exerciser as claimed in claim 1, wherein said
platform includes a seat, said at least one rotary member is rotatably
supported on said seat of said platform with a pivot pin.
- 15 4. The twist exerciser as claimed in claim 3, wherein said
platform includes a cover disposed on said seat, said cover includes
at least one opening formed therein to receive said at least one
rotary member.
5. The twist exerciser as claimed in claim 1 further comprising
20 means for applying a resistive force against said platform.
6. The twist exerciser as claimed in claim 5, wherein said
resistive force applying means includes a barrel extended from said
platform, and at least one belt engaged around said barrel to apply
the resistive force against said barrel of said platform.
- 25 7. The twist exerciser as claimed in claim 6, wherein said
resistive force applying means includes a fastener coupled to said at
least one belt, to adjust the resistive force of said at least one belt

applied onto said barrel of said platform.

8. The twist exerciser as claimed in claim 1 further comprising a handle supported on said base.

9. The twist exerciser as claimed in claim 8, wherein said
5 handle is rotatably secured on said base with an axle.

10. The twist exerciser as claimed in claim 9 further comprising means for coupling said handle and said platform together.

11. The twist exerciser as claimed in claim 10, wherein said
10 coupling means includes a first follower member attached to said handle, a second follower member attached to said platform, and at least one cable coupled around said first and said second follower member, to couple said handle and said platform together.

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